

YOGA

SWING GUIDE



Benefits

- Decompresses your spine
 - Helps relieve back pain
 - Releases muscle tension
- Improves flexibility and core balance
- Counteracts the detrimental force of gravity
- Improves health and helps release "happy" hormones
 - Enhances circulation



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SAFETY DISCLAIMER

We want you to enjoy using our yoga swing but safety is of our utmost priority. There is an inherent risk that comes with using any exercise equipment, the UpCircleSeven Yoga Swing is no different.

Improper use can lead to serious injury and anyone participating in these activities should be aware and understand these risks. Consulting your physician before beginning any new exercise regimen can help reduce these safety risks, especially if you have certain medical conditions and limitations.

UpCircleSeven is not liable for any claims for injury and damages resulting from or connected with the use of the Yoga Swing.



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YOGA SWING

SPECIFICATIONS	WHAT'S INCLUDED
<ul style="list-style-type: none">• Parachute Material• Large Main Sling Size: 250cm X 150cm• Weight capacity: 300kg• Large Foam Padded Handles• Triple Stitched Hang Seams	<ul style="list-style-type: none">• 1 Yoga Swing Seat/Hammock• 2 Yoga Swing Arms with handles• 2 Multi-loop Daisy Chains• 4 Carabiners• 1 Stowaway Travel Pouch



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INSTALLATION INSTRUCTIONS

HOW WIDE TO INSTALL CEILING MOUNT HOOKS/BRACKETS:

- 1) Stand with your arms straight out to your sides and form a "T" shape with your body.
- 2) With your arms spread out, bend your arms at your elbows to form a 90 degree angle with your fingertips pointing toward the sky.
- 3) The width from fingertip to fingertip is the recommended length on how far the yoga swing arms should be apart from each other. This is the length that should give you the most com-fort during use.

Common places to hang your swing from:

- Ceiling mounts
- Exposed ceiling beams
- Door frame bar
- Swing sets

WARNING: *DO NOT attempt to attach the yoga swing on a structure you are uncertain about bearing your full weight on as this could result in serious injuries.*

HANGING YOUR SWING

- 1) Decide on an area to hang your swing and the mounting/hanging method you want to use. How you choose to hang your swing will determine the steps to follow below.
- 2a) If mounting using a beam or door frame bar, please do the following:
 - If the beam or door frame bar **cannot** be removed, locate the two large loop ends at each end of the daisy chain strap. Place the daisy chain strap on the support structure and let it hang evenly. With one loop-end in hand, thread one loop through the other loop-end to form a noose knot and pull tight. Do this for both daisy chains.
 - If the beam or door frame bar **can** be removed, simply slip the beam/bar through one end of each daisy chain loop.
- 2b) If you are using ceiling mount hooks or brackets, attach one end of each daisy chain to each ceiling mount hook. Depending on the type of ceiling mount you are using, another pair of carabiners may be needed to attach the daisy chain to the mount.
- 3) You're now ready to hang the main yoga swing seat. Simply clip a single carabiner to the daisy chain loop of your choice. Each swing seat end should be clipped to only one daisy chain loop.
- 4) Lastly, take the yoga swing arms and attach the carabiners of the arms to the same daisy chain loop you attached the yoga swing seat ends to.

TIP: *Adjust the height of the yoga swing so the seat of the swing is at the height level of your navel.*

Congratulations! You've successfully set up your yoga swing!



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BENEFITS OF INVERSIONS

The force of gravity pushes down on all of us on a daily basis. It helps to keep us planted and stable to the ground but it also causes continuous wear and tear on our bodies, especially the back and spine. Inversion yoga helps counteract the compressing force of gravity and decompresses your spine from that stress.

The practice of inverting also has numerous health benefits. It may result in lowering blood pressure, promoting increased circulation, reducing nerve pain and helping to realign your spine. It is even believed to boost your immune system through stimulation of the lymphatic system. Many Yogis also often report feeling an increased rush of energy after each session!

A unique benefit of including yoga swing exercises into your fitness routine is that it incorporates both pulling motions and functional strength building, both of which are often missing in more traditional yoga exercise routines. The inclusion of both pushing and pulling exercises along with functional exercises can aid in developing total body core strength.



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SAFETY TIPS

An essential component to ensuring safety when using the yoga swing is by *avoiding swift movements*. Best practice is to take your time and be mindful of each performed motion, especially during inversion. Also remember that inverting can cause distortion to your sense of direction, thereby easily mistaking your right and left and awareness for up and down.

Remember, as you are lowering yourself backwards or coming back up from an inverted position, guide yourself through eye contact with your feet and move slowly. When your legs are finally in a secure position and feet are firmly stabilized around the fabric, you are free to look anywhere and move about freely.

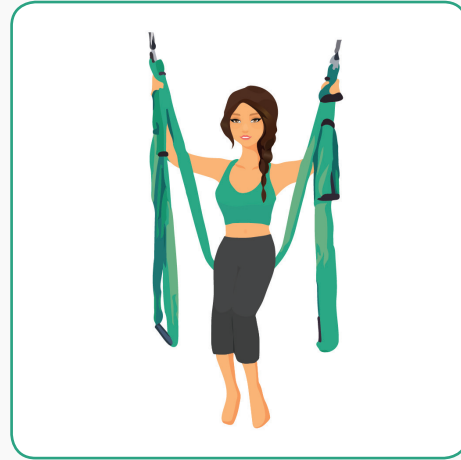
GETTING STARTED



Getting In and Out Of The Yoga Swing

- 1 | Begin by adjusting the seat of the yoga swing to around the height of your waist.
- 2 | Next, with your back facing the yoga swing, grab the highest set of handles you can reach comfortably and gently lift yourself up into the yoga swing seat.
- 3 | To come off the yoga swing, simply grab onto the highest handles again and slowly lift yourself off the seat and then lower yourself to the ground.

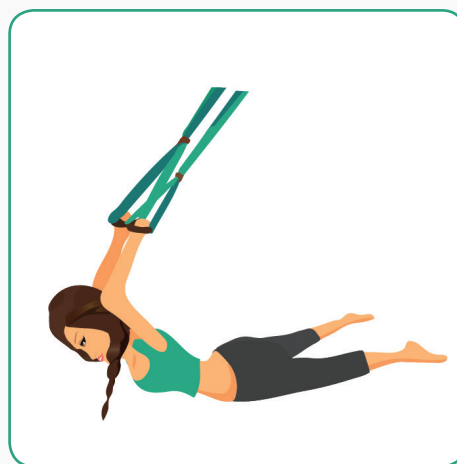
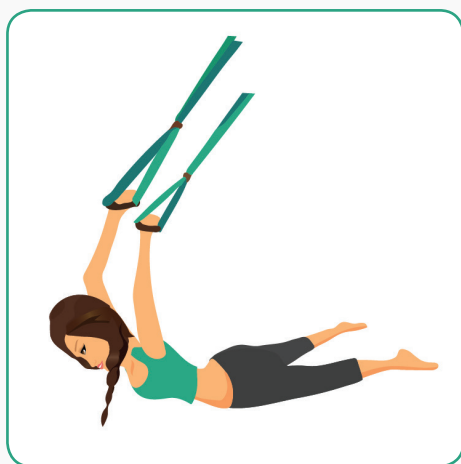
ADJUSTING FOR COMFORT



Adjusting The Yoga Swing For Comfort

- 1** | Adjust the yoga swing seat so that it just covers your buttocks area. It should not cover your legs or back.
- 2** | Next, locate the black plastic clips and pull them down to secure a smaller seating for your buttocks.
- 3** | Lastly, ensure that you are comfortable and stable in this seated position by moving around. Be sure you are properly balanced.

SWAN DIVE SHOULDER STRETCH AND CHEST OPENER



The Swan Dive pose is an active stretch for the shoulders and chest that also results in a slight backbend. This pose not only stretches and opens the shoulders and chest, it also helps to increase range of motion in the shoulders. This stretch aims to deal with the stress that many carry around the neck and shoulders and provides relief to those areas.

- 1 | Begin by coming onto your hands and knees while facing the yoga swing. Reach forward to grab the swing handles as close to the ground as possible.
- 2 | Slowly lower yourself onto your stomach while keeping your arms extended forward in a wide position.
- 3 | Continue moving forward for a deeper shoulder stretch. Allow your arms to fully extend overhead. If that becomes too intense you can move your body back.
- 4 | Once you have found your best stretch allow your head to hang and breathe gently. Your breathing should not feel restricted and you should feel comfortable resting in this stretch. If neck pain occurs, gently lift your head up.
- 5 | To release this stretch, slowly come back onto your knees and release the yoga swing handles one at a time.
- 6 | To counter this deep stretch, come to a child's pose allowing your hips to rest on your heels and your forehead to rest on the ground with your arms by your sides.

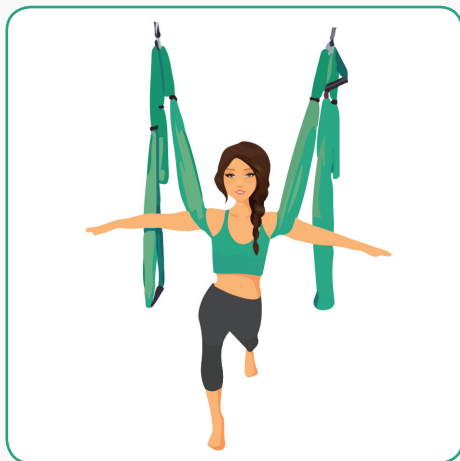
SIDE LUNGE



The Side Lunge is used to develop lower body leg strength with a primary focus on the quadriceps, hamstrings, and gluteals. This basic exercise also aids in developing increased hip flexibility and overall balance.

- 1 | Begin by standing with one shoulder facing the swing.
- 2 | Place the leg closest to the swing onto the seat of the swing seat by raising it out to the side, remain facing forward.
- 3 | Balance and center yourself by placing 1/3 of your weight on that knee with both hands and the other 2/3 of your weight on your heel.
- 4 | Slowly lower yourself into an assisted side lunge position.
- 5 | Repeat this exercise equally for both legs.

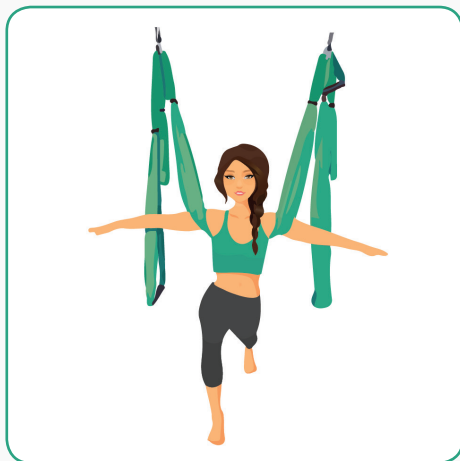
ASSISTED WARRIOR



The Assisted Warrior pose is an incredible assisted full body stretch. This pose allows the body to be supported in a manner that brings a deeper stretch to all of the muscle groups of the legs as well as the abdominal muscles and chest. With the assistance of the yoga swing, you will be able to focus on deepening your stretch without the natural imbalances that occur in standing yoga postures.

- 1 Stand directly in front of the yoga swing, with your back facing the swing. Allow your arms to reach behind the seat of the swing until the fabric is resting just beneath your arms and flat against your upper back.
- 2 Slowly step your right foot back into a high lunge pose. The toes of your right foot should be tucked under and your heel should be pointing upward.
- 3 Press back through the left heel until your left knee has a 90-degree bend.
- 4 Breathe deeply as you hold this position. When you have felt your best stretch, step your right foot forward and switch sides.

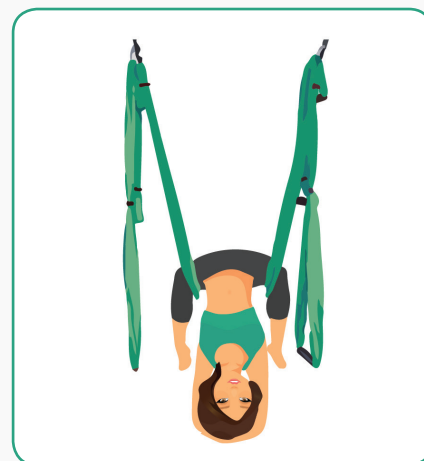
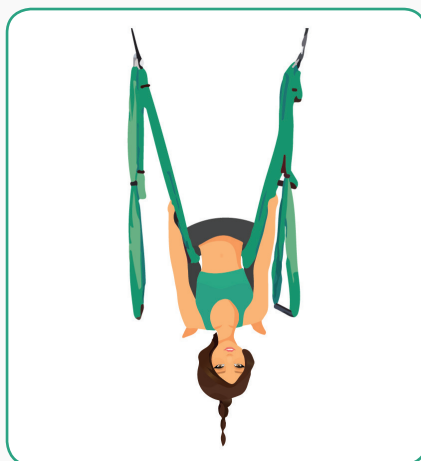
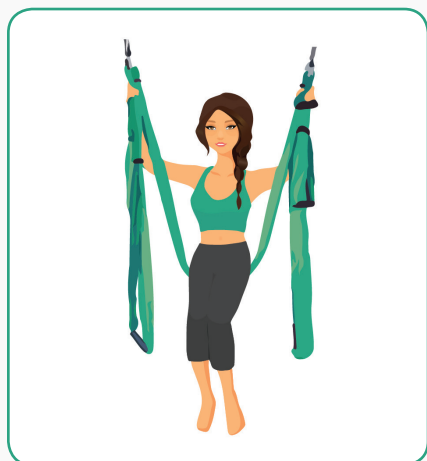
WARRIOR III



The Warrior III pose focuses on balance and leg stabilization. Performing this pose on the swing allows for a longer and deeper practice of the movement than without it. This aids in improving your lower body balance and core strength.

- 1 | Begin by standing in front of the swing with your arms looped through the seat of the swing. The seat should be under your arms and across the top of your back.
- 2 | Lean forward while simultaneously extending your leg straight behind you. Standing on one leg, your body should now be in a straight position from your head down to your extended foot forming a "T".
- 3 | Now, spread your arms out wide remaining balanced on one foot while keeping your head facing forward.
- 4 | Continue to balance yourself in this position and hold it for the desired length of time.
- 5 | Repeat with your other leg.

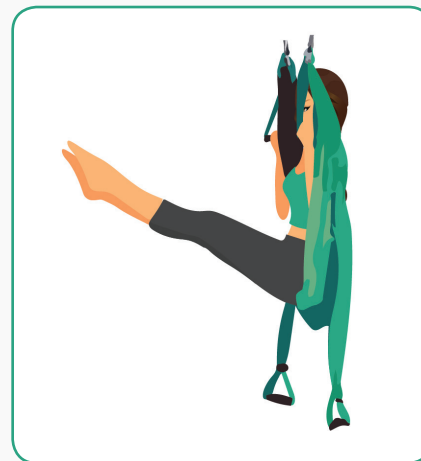
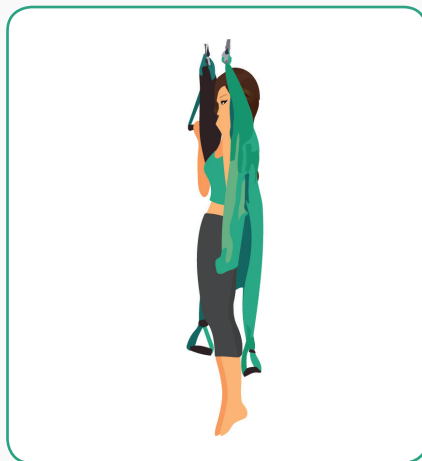
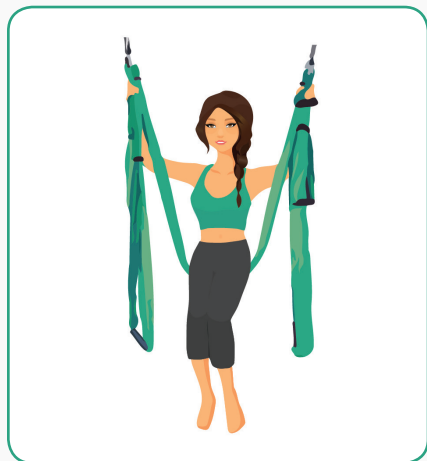
SUPPORTED BRIDGE



The supported bridge pose stretches the abdominal muscles as well as strengthening the muscles of the back. Additionally, this posture helps to tone the quadriceps and gluteus muscles.

- 1 | Start in a seated position on the yoga swing.
- 2 | Reach for the swing fabric or handles and gently begin to lean back until you come to a reclining position with your arms straight.
- 3 | With your yoga swing resting comfortably at your low back, slowly release your arms towards the ground. Ensure that you have enough confidence in your balance before releasing from the yoga swing.
- 4 | Allow your head to hang and release the tension in your neck muscles.
- 5 | Stay in this backbend for as long as you feel a comfortable stretch.
- 6 | To release, reach up one hand at a time to grasp the yoga swing, then slowly pull yourself back up to the seated position.

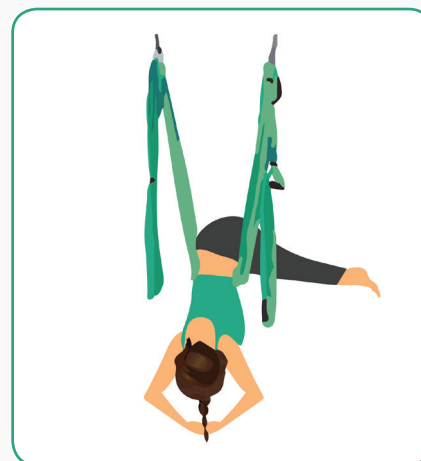
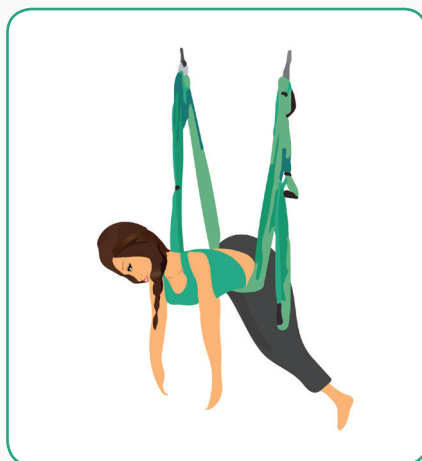
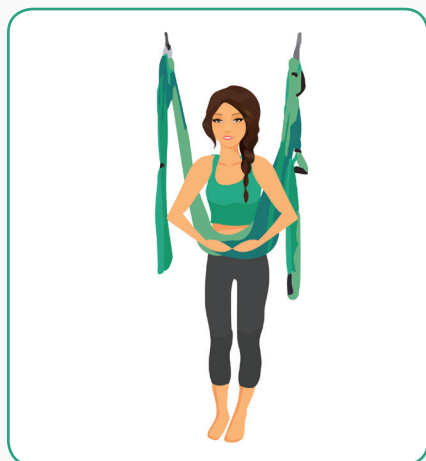
STRONG ABS



The Strong Abs exercise is the perfect exercise for strengthening your core. Strong abdominals help improve posture, reduce back pain, and increase spine support.

- 1 | Begin in the seated position on the yoga swing.
- 2 | Grab the highest set of handles you can comfortably reach.
- 3 | Lift yourself off the seat using your arms while allowing your legs to hang straight down.
- 4 | Keeping your legs straight, raise them forward and up as far and high as possible then lower in a controlled motion.
- 5 | Repeat this movement for the desired amount of repetitions.

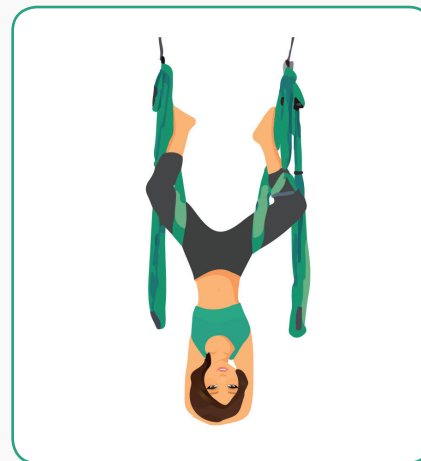
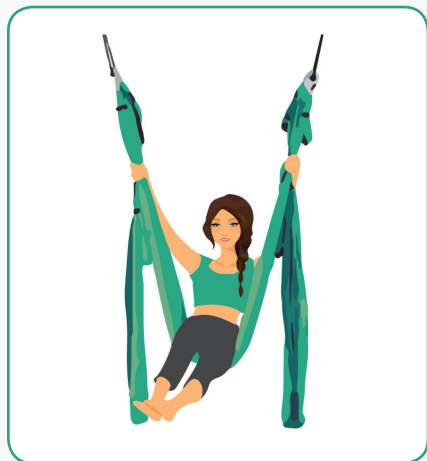
FORWARD BEND HANG



The Forward Bend Hang pose is a universal yoga forward fold. With the assistance of the yoga swing, the body incurs a deep release of spinal and neck muscles as well as providing traction for the pelvic area. This deep release provides relief from everyday stress and tension in the back, shoulders and neck.

- 1 | Begin facing the yoga swing and adjust the hammock portion of the swing so that it is level with your pelvis.
- 2 | Place the yoga swing across the front of both hips and slowly allow your torso to fold forward as your weight transfers to the yoga swing seat.
- 3 | When you feel comfortable, begin to release your arms towards the ground. If this feels difficult you can hold on to the lowest handles on your yoga swing.
- 4 | As your weight begins to balance, slowly allow your feet to lift off the ground. If you are just starting out, you may choose to lift your feet only a small distance from the ground. As you gain confidence and flexibility, begin to lift your legs until they become parallel to the ground. Your body should appear like the number "7" when your legs are fully parallel to the ground.
- 5 | Hold here and breathe deeply for as long as it feels comfortable.
- 6 | When you are ready to release from this posture, slowly lower your legs until your feet come back to the ground. Gently make your way to a standing position slowly as to avoid dizziness that occurs from rising too quickly.

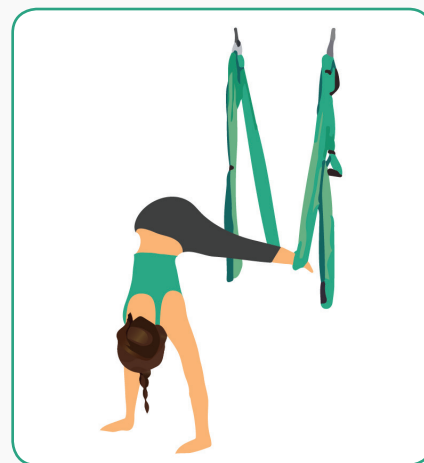
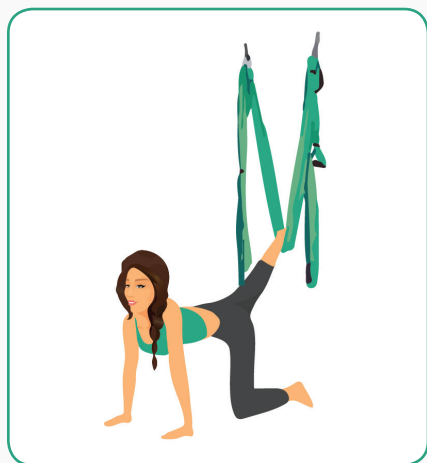
HANGING BACK STRETCH



The Hanging Back Stretch allows for a fully supported spinal stretch. With the use of the yoga swing, your hips will be supported allowing the muscles of the back and spine to truly relax and release tension.

- 1 | Start in a seated position on your yoga swing.
- 2 | Take hold of the swing fabric in both hands and slowly begin to lean backwards until your arms straighten.
- 3 | While slowly continuing to lean back, separate your legs into a "V" position.
- 4 | Bring both feet to hook around the yoga swing fabric to lock yourself into your upside down position.
- 5 | With your head hanging, allow your arms to hang towards the ground. Alternatively, you can grab opposite elbow in opposite hand and allow your forearms to rest parallel to the ground.
- 6 | When you are ready to release from this pose, very slowly reverse the sequence of steps used to get into this position and return to a seated position on the yoga swing.

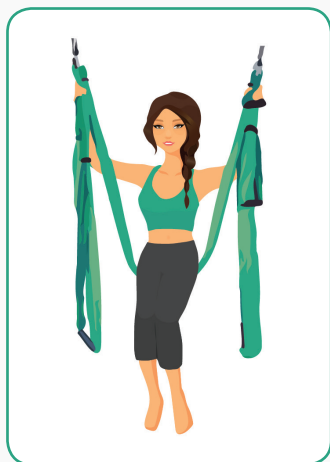
AERIAL PLANKS



Aerial Planks are a core boosting and strengthening move that is designed to not only strengthen and tone the core, but to also provide strength and toning to the arms, chest and back.

- 1** Start on your hands and knees with your yoga swing directly behind you. Finding the right distance may take some adjustment. When you've found the right distance, your hands should be directly beneath your shoulders.
- 2** Slowly lift one leg at a time into the seat of your yoga swing, letting the top of your feet rest on the fabric of the swing.
- 3** Engage your abdominal muscles by drawing your navel up and in.
- 4** Your body should resemble a traditional plank position with your arms and legs straight.
- 5** Gently bring your legs towards your body until you resemble the number "7." Your hips should line up just above your head.
- 6** Hold for several rounds of breathing before returning to your plank position.
- 7** Repeat this move as many times as desired. Your hold times should increase as you build strength and endurance.

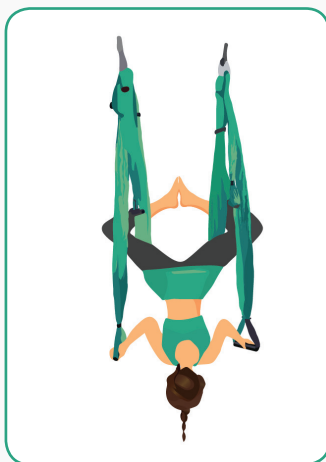
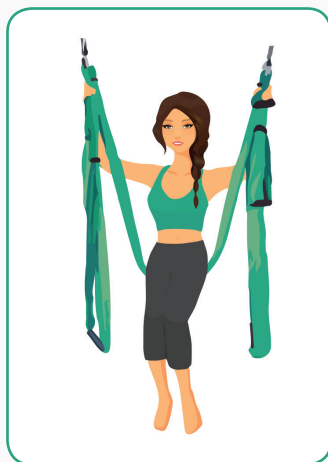
INVERTED BUTTERFLY



The Inverted Butterfly pose is an incredibly powerful shoulder opener. Not only do the shoulders receive a deep stretch, the hips are opened in a supported way that allows a true ease of tension from the body.

- 1 Start in a seated position on the yoga swing with hands grasping the swing fabric or handles.
- 2 Begin to slowly lean back until your arms straighten. As you lean back let your legs separate into a wide "V" position.
- 3 As you continue leaning back into an inverted position, slowly wrap your legs around the front of the fabric and allow your feet to rest flat against each other.
- 4 Bring your hands to the lowest handles on your yoga swing and slowly press your arms straight out until they are parallel to the ground.
- 5 Once you feel comfortable in this position, slowly bend your elbows. Continue holding the handles and bring your hands and elbows to rest near the back of your head.
- 6 Hold this position for as long as you feel comfortable and then very slowly reverse out of the pose, back into a seated position.

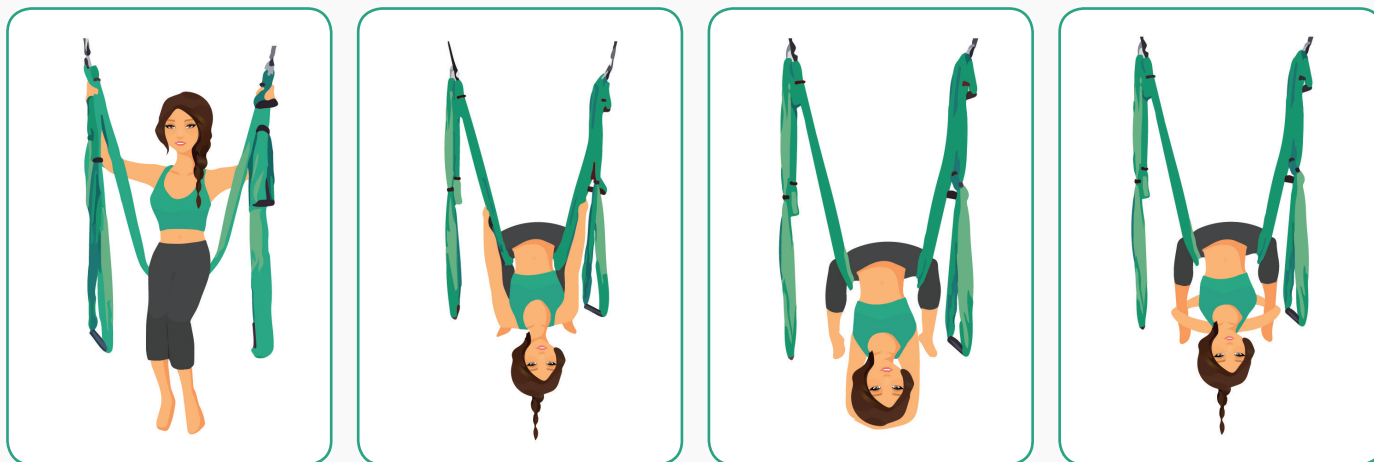
AERIAL PUSH-UP



The aerial push-up is a move that will build upper body strength while also increasing core strength at the same time. Practicing aerial push-ups requires focus and allows for intense push-ups to be done in a more evenly distributed and supported way.

- 1 | Start in a seated position on the yoga swing.
- 2 | Reach for the swing fabric or handles and then recline until your arms are completely straight.
- 3 | As you lean back, bring your legs into a wide "V" position. Lean back until your head is pointing towards the ground.
- 4 | Wrap your legs around the swing and bring your feet flat together.
- 5 | Slowly reach one hand at a time to grasp the lower handles of your yoga swing.
- 6 | While exhaling, quickly straighten both arms and extend your legs straight. You should now be facing the floor at this time.
- 7 | Slowly bend at the elbows and lower into a push up before pressing the arms straight again. Repeat this for several rounds.
- 8 | When finished reverse out of the position by slowly releasing the handles, bringing the feet back together and letting your head lower towards the ground before gently rising back up into your starting position.

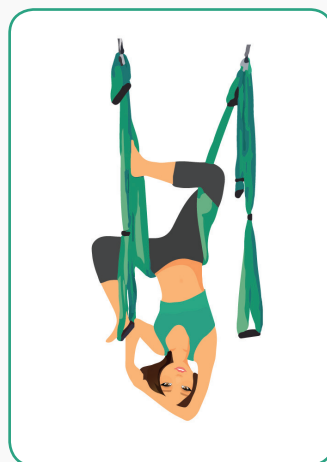
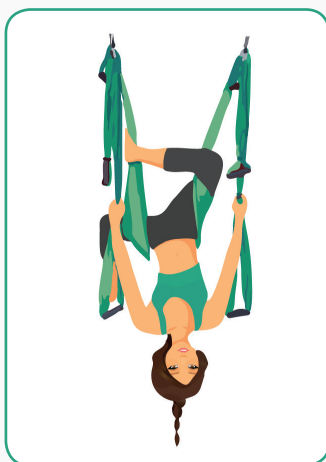
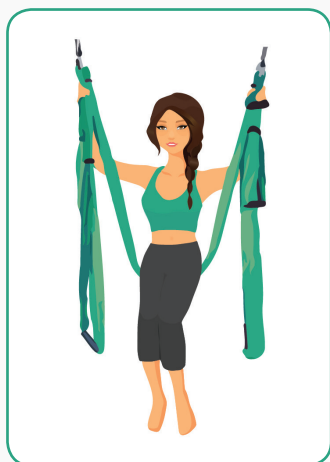
INVERTED BOW POSE



The Inverted Bow Pose is a supported backbend that not only strengthens the muscles of the back, but also stretches the front of the body. The abdominals, biceps, and quadriceps receive the most benefit in this stretch.

- 1 Start in a seated position on your yoga swing with the seat fabric covering your buttocks area.
- 2 Take hold of the swing fabric in both hands and slowly lower yourself back, allowing your hands to walk down the fabric until you are in a reclining position with your head pointing towards the ground.
- 3 Allow your knees to remain bent and your legs to hang.
- 4 Your arms can hang down towards the ground, or to intensify the stretch, use your hands and reach towards your ankles.
- 5 When you are ready to release from this pose, grab the swing handles or fabric and slowly rise back up to the seated position.

BOUND ONE-LEGGED KING PIGEON POSE



The Bound One-Legged Pigeon Pose is a deep hip opener that also stretches the quadriceps and muscles of the chest. Practicing this pose with the yoga swing allows gravity to work on your side and eases the pressure on your hips and knees in its related yoga version.

- 1 Start in a seated position on your yoga swing with the seat fabric covering your buttocks area.
- 2 Take hold of the swing fabric in both hands and slowly lower yourself back until your arms straighten and your back is parallel to the ground.
- 3 Allow your legs to separate into a wide "V" shape.
- 4 With hands firmly on the swing, lean back until your head is close to the ground.
- 5 Bring your right knee into a bend around the right strap of the yoga swing. Allow your left ankle to rest on top of the left side swing fabric.
- 6 Next, allow your left knee to bend bringing your left foot closer to your head.
- 7 You can now allow your arms to hang down towards the ground or to increase the stretch, you can reach back for your foot coming fully into King Pigeon Pose.
- 8 Hold here for as long as it is comfortable. To release, gently reverse out of the pose the way you came into it.

CONTACT US

Questions or Comments?

Email us at UpCircleSeven@Gmail.com

We would love to hear from you!



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